POLAND **04-03-2026**

EUGENIX P.S.A.

THIS GUIDE DEFINES WHO QUALIFIES TO WORK FOR EUGENIX P.S.A. ICE REMOVAL PROGRAM AND EUGENIX P.S.A. GEOMAGNETIC DAMS CONSTRUCTION.

INTRODUCTION

This guide is intended for the Eugenix P.S.A. potential shareholders, Eugenix P.S.A. and shareholders potential business partners that can include all ethnic businesses, suppliers, manufacturers, companies, contractors etc. Guide defines the employment selection criteria based on contained here *Eugenix® Ethnic Hair Quantum* in coordination with *Eugenix® Ethnic Hair Color Classification* and *Eugenix® Indigenous Heritage Protection - Indigenous Climatic Procreation* with goal to revive symbiosed sustainment and management of Arcticus Blancus indigenous polar climatic inhabitants on own indigenous territories of the Arctic and Antarctic. Eugenix P.S.A. grants to own Arcticus Blancus indigenous persons that follow the indigenous ethnic rules unlimited rights to manage and work on all Eugenix P.S.A. climate repair programs not limited to Eugenix P.S.A. Ice Removal Program and Eugenix P.S.A. Geomagnetic Dams Construction program.

INDIGENOUS PRIORITES

Eugenix P.S.A. will give priority based defined below Ethnic Hair Quantum and additional defined below Ethnic Criteria:

1. **First priority is given to persons and companies with Indigenous Arctic hair type or Coindigenous Coarctic hair type classified in the Eugenix® Ethnic Hair Classification who also are following additional Ethnic Criteria defined below:**

    a. Single, separated, divorced, widowed persons without underage children that understand and follow rules of mono-indigenous relationships that prohibit inter-indigenous intimate and sexual relationships between persons from different ethnic hair group as defined in the Eugenix® Indigenous Heritage Protection - Indigenous Climatic Procreation who's all direct living relatives such as parents, grandparents and great-grandparents on the side of the father and mother family understand and follow rules of mono-indigenous relationships.
    b. Single, separated, divorced, widowed persons with underage children of same indigenous ethnic hair group as the legal guardian parent that understand and follow rules of mono-indigenous relationships that prohibit inter-indigenous intimate and sexual relationships between persons from different ethnic hair group as defined in the Eugenix® Indigenous Heritage Protection - Indigenous Climatic Procreation who's all direct living relatives such as parents, grandparents and great-grandparents on the side of the father and mother family understand and follow rules of mono-indigenous relationships.
    c. Dating, engaged, married persons with underage children of same indigenous ethnic hair group as the both legal guardian parents that understand and follow rules of mono-indigenous relationships that prohibit inter-indigenous intimate and sexual relationships between persons from different ethnic hair group as defined in the Eugenix® Indigenous Heritage Protection - Indigenous Climatic Procreation. who's all direct living relatives such as parents, grandparents and great-grandparents on the side of the father and mother family understand and follow rules of mono-indigenous relationships.

2. **Second priority is given to persons and companies with Indigenous Arctic hair type or Coindigenous Coarctic hair type classified in the Eugenix® Ethnic Hair Classification who also are following additional Ethnic Criteria defined below:**

    a. Single, separated, divorced, widowed persons with underage children of different indigenous ethnic hair group as the legal guardian parent that understand and follow rules of mono-indigenous relationships that prohibit inter-indigenous intimate and sexual

relationships between persons from different ethnic hair group as defined in the Eugenix® Indigenous Heritage Protection - Indigenous Climatic Procreation who's all direct living relatives such as parents, grandparents and great-grandparents on the side of the father and mother family understand and follow rules of mono-indigenous relationships, and follow additional ethnic criteria that will qualify defined in this point persons under the terms set in the *Indigenous Agreement for Persons with Children* that will include:

i. Agreement to enroll oneself and all underage children to mandatory *Indigenous Education Program* that correspond with underage children own indigenous climatic-hair ethnicity organized by children climatic-hair tribal organizations.
ii. Agreement to enroll oneself and all underage children to mandatory *Indigenous Heritage Protection* that prohibits and protects all underage children from all forms of non-indigenous relationships that` lead to non-indigenous intimacy, sexuality, pregnancy.

GENOCIDE PREVENTION

Genocide Prevention Convention, Article II: "Genocide means any of the following acts committed with intent to destroy, in whole or in part, a national, ethnical, racial or religious group, as such: (b) Causing serious bodily or mental harm to members of the group; (c) Deliberately inflicting on the group conditions of life calculated to bring about its physical destruction in whole or in part; (d) Imposing measures intended to prevent births within the group;

To prevent genocide of Arcticus Blancus indigenous polar ethnicity Eugenix P.S.A. prohibits all persons in multi-indigenous relationships with Arcticus Blancus and prohibits all persons seeking a multi-indigenous relationship with Arcticus Blancus from any type of priority in the Eugenix P.S.A. Ice Removal Program, Eugenix P.S.A. Geomagnetic Dams Construction Program to prevent illegal priority rights that cause genocide.

Eugenix P.S.A. will use its profits to fund an incentive for Arcticus Blancus women due to large imbalance of the males to females in the Arcticus Blancus ethnicity. Eugenix P.S.A. will cover 21 years of full child and mother expenses for Arcticus Blancus woman that decide to have children from donated

Arcticus Blancus male reproductive cells via the Arcticus Blancus Ethnic Fertility Clinic. Availability of support based on the *Ethnic Hair Quantum* and funds availability.

Eugenix P.S.A. is aware thru own statistical studies that Arcticus Blancus systematic extinction is caused by multi-indigenous, inter-indigenous that cause genocide and extinction of indigenous culture, physical characteristics require to connect with the world of indigenous believes and responsibilities. Those prohibited by United Nations crimes against Arcticus Blancus cause delays of Eugenix P.S.A. Ice Removal Program and Eugenix P.S.A. Geomagnetic Dams Construction program, but also increase the risk of congenital disorders rooted in multi-indigenous, inter-indigenous relationships that might include:

1. Heterochromia of hair coded in ICD (Eugenix term: heterotrichosis, heterotriachium.)
    a. ICD-10. L67 Hair color and hair shaft abnormalities.
    b. ICD-10. L67.1 Variations in hair color.
    c. ICD-10. L67.8 Other hair color and hair shaft abnormalities
    d. ICD-10. L67.9 Hair color and hair shaft abnormality, unspecified.
2. Epidermolysis Bullosa coded in ICD.
    a. ICD-10. Q81.0 Epidermolysis bullosa simplex.
    b. ICD-10. Q81.1 Epidermolysis bullosa letalis.
    c. ICD-10. Q81.2 Epidermolysis bullosa dystrophica.
    d. ICD-10. Q81.8 Other epidermolysis bullosa.
    e. ICD-10. 81.9 Epidermolysis bullosa, unspecified.
    f. ICD-11. EA30.0 Epidermolysis bullosa simplex.
    g. ICD-11. EA30.1 Junctional epidermolysis bullosa.
    h. ICD-11. EA30.2 Dystrophic epidermolysis bullosa.
    i. ICD-11. EA30.Y Other specified epidermolysis bullosa.
    j. ICD-11. EA30.Z Epidermolysis bullosa, unspecified.
3. Neurocutaneous Melanosis coded in ICD.
    a. ICD-10. D22.3 Melanocytic nevi of limbs.
    b. ICD-10. D22.4 Melanocytic nevi of scalp and neck.
    c. ICD-10. D22.5 Melanocytic nevi of trunk.
    d. ICD-10. D22.6 Melanocytic nevi of multiple sites.
    e. ICD-10. D22.7 Other congenital melanocytic nevi.

f. ICD-11. 2F20.20 Neurocutaneous melanosis.

4. Heterochromia of the Iris color and possibly other related conditions.
   a. ICD-10. Q13.2 Other congenital malformations of iris (includes heterochromia).
   b. ICD-10. Q13.8 Other congenital malformations of iris and ciliary body.
   c. ICD-11. 9A30.2 Other congenital malformations of iris (includes heterochromia).
   d. ICD-11. 9A30.Y Other specified congenital malformations of iris and ciliary body.

ETHNIC HAIR QUANTUM

Eugenix® Ethnic Hair Quantum is Eugenix P.S.A. developed numerical point system that helps Eugenix P.S.A. calculate priority for various indigenous climatic hair groups defined in the *Eugenix® Ethnic Hair Classification* to work of Arcticus Blancus Eugenix P.S.A. company climate repair programs that are contained within the Arcticus Blancus Arctic and Antarctic indigenous polar territory in accordance with the UN Declaration on the Rights of Indigenous Peoples, adopted by the United Nations General Assembly in 2007, that provides a global framework for efforts to advance indigenous peoples' rights together with other human rights instruments such as the UN Genocide Prevention Convention (RES/260/A/III), UN ILO Convention for the Indigenous and Tribal Peoples (C169) and growing human rights jurisprudence concerning indigenous peoples,

Eugenix® Ethnic Hair Quantum helps Eugenix P.S.A. calculate an indigenous priority that combines a relationship between a person's indigenous ethnic hair (heritage) according to the *Eugenix® Ethnic Hair Classification* and person's symbiosed indigenous climatic territory defined by the Eugenix P.S.A. for the Arcticus Blancus indigenous polar persons in accordance with Arcticus Blancus indigenous sciences protected by the same UN Declaration on the Rights of Indigenous Peoples that contains crucial guidance for building societies that ensure full equality and rights of indigenous peoples.

Eugenix® Ethnic Hair Quantum is an indigenous type of Ethnic Blood Quantum that operates within specific legal and historical frameworks related to tribal sovereignty for federally recognized native American tribes in the United States of America with Hawaii and Alaska. Ethnic hair quantum like Ethnic Blood Quantum is as internal group identity determiner based on the hair color rather than blood relationship as the hair color as all physical and non-physical indigenous characteristic have always been

protected by indigenous persons and groups around the world and are protected with same respect by United Nations Declarations, Conventions, Resolutions.

In summary the indigenous persons and groups have the right to have distinct indigenous, cultural, spiritual identity and characteristics relevant to their indigenous group. An indigenous person and groups have also righted to set responsibilities on the members of own indigenous community that includes health and family priorities. Eugenix P.S.A. recommends that all persons not familiar with the indigenous rights read the *UN Declaration on the Rights of Indigenous Peoples - Manual for National Human Rights Institutions.*

ETHNIC PRIORITY FOR GEOMAGNETIC DAMS CONSTRUCTION

Eugenix P.S.A. to achieve the goal of sustainment of all individual indigenous groups will enforce placement of climate based indigenous ethnic hair groups of light hair colors to work in the Eugenix P.S.A. Geomagnetic Dams Construction Program that will not involve business cooperation with the Eugenix P.S.A. Rafaltic and Aquatic shareholders, but business cooperation with Eugenix P.S.A. Arcticus Blancus Shareholders and their individual indigenous Rafaltic and Aquatic business partners.

List of indigenous ethnic hair groups qualified for the Geomagnetic Dams Construction program set by Eugenix P.S.A that includes persons affected by Albinism and age-related hair color changes as explained in the publication titled *Eugenix® Indigenous Ethnicities and Outdigenous Conditions* provided below.

A0. Arcticus Blancus. Tribe of Ultra White Arctic Blanc Hair. (CMYK-RGB Range TBA)
Approximate natural climatic territory based on hair pigmentation from 90° N to 62° N.
A1. Arcticus Blondus. Tribe of Light Blond Hair. (CMYK-RGB Range TBA)
Approximate natural climatic territory based on hair pigmentation from 62° N to 51° N.
A2. Arcticus Blontus. Tribe of Medium Light Blont Hair. (CMYK-RGB Range TBA)
Approximate natural climatic territory based on hair pigmentation from 62° N to 51° N.
A3. Arcticus Blendus. Tribe of Medium Blend Hair. (CMYK-RGB Range TBA)
Approximate natural climatic territory based on hair pigmentation from 62° N to 42° N.
A4. Arcticus Blentus. Tribe of Medium Dark Blent Hair. (CMYK-RGB Range TBA)

Approximate natural climatic territory based on hair pigmentation from 62° N to 42° N.

B0. Coarcticus Albus/Albinus. Reserved for persons with albinism; pigmentary disorders.
Approximate climatic territory based on hair pigmentation from 90° N to 42° N.
B1. Coarcticus Blodus. Tribe of Light Blod Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 62° N to 51° N.
B2. Coarcticus Blotus. Tribe of Medium Light Blot Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 62° N to 51° N.
B3. Coarcticus Brodus. Tribe of Medium Brod Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 62° N to 42° N.
B4. Coarcticus Brotus. Tribe of Medium Dark Brot Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 62° N to 42° N.

C0. Coarcticus Albus/Albinus. Reserved for persons with albinism; pigmentary disorders.
Approximate climatic territory based on hair pigmentation from 90° N to 42° N.
C1. Coarcticus Burndus. Tribe of Light Burnd Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 62° N to 51° N.
C2. Coarcticus Burntus. Tribe of Medium Light Burnt Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 62° N to 51° N.
C3. Coarcticus Browndus. Tribe of Medium Brownd Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 62° N to 42° N.
C4. Coarcticus Browntus. Tribe of Medium Dark Brownt Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on historical exposure from 62° N to 42° N.

ETHNIC PRIORITY FOR ANTARCTIC ICE REMOVAL

Eugenix P.S.A. to achieve the goal of sustainment of all individual indigenous groups will enforce placement of climate based indigenous ethnic hair groups of dark hair colors to work in the Eugenix P.S.A. Antarctic Ice Removal Program that will involve business cooperation with the Eugenix P.S.A. Rafaltic and Aquatic shareholders and their individual indigenous Rafaltic and Aquatic business partners. List of indigenous ethnic hair groups qualified for the Antarctic Ice Removal Program set by Eugenix P.S.A provided below.

A5. Arcticus Blundus. Tribe of Dark Blund Hair. (CMYK-RGB Range TBA)
Approximate natural climatic territory based on hair pigmentation from 51° N to 42° N.
A6. Arcticus Bluntus. Tribe of Ultra Dark Blunt Hair. (CMYK-RGB Range TBA)
Approximate natural climatic territory based on hair pigmentation from 51° N to 42°N.

B5. Coarcticus Burgdus. Tribe of Dark Burgd Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 51° N to 42° N.
B6. Coarcticus Burgtus. Tribe of Ultra Dark Burgt Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 51° N to 42°N.

C5. Coarcticus Brunedus. Tribe of Dark Bruned Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 51° N to 42° N.
C6. Coarcticus Brunetus. Tribe of Ultra Dark Brunet Hair. (CMYK-RGB Range TBA)
Approximate climatic territory based on hair pigmentation from 51° N to 42°N.

HAIR QUANTUM POINTS CALCULATION RULES

Ethnic Hair Quantum points are calculated based on the Ethnic Hair Color Types A, B, C, D and Ethnic Hair Color Groups 0,1,2,3,4,5,6,7 defined in the *Eugenix® Ethnic Hair Color Classification* and based on the *Eugenix® Ethnic Hair Quantum Points* summed from up to 100,000 hair. The priority to work in the *Eugenix P.S.A. Ice Removal Program* and *Eugenix P.S.A. Geomagnetic Dams Construction Program* is defined below.

The calculation of the total number of points that is based on Ethnic Hair Color Type A, B, C, D and Ethnic Hair Color Groups 0, 1, 2, 3, 4, 5, 6, 7 the number of hair that corresponds to specific Ethnic Hair Color Type and Ethnic Hair Color Group must be determined and counted.

Each Hair Color Type A, B, C, D and Ethnic Hair Color Group 0, 1, 2, 3, 4, 5, 6, 7 combinations have a determined point value (multiplier) that must be applied to each determined and counted hair of specific Ethnic Hair Color Type and Ethnic Hair Color Group to calculate a total Ethnic Hair Quantum for

each person, and each indigenous company consisting of more than one person form same indigenous ethnic climatic hair group.

A0. Arcticus Blancus. Each hair A0 is given a value of 0 points.
A1. Arcticus Blondus. Each hair A1 is given a value of 1 point.
A2. Arcticus Blontus. Each hair A2 is given a value of 2 points.
A3. Arcticus Blendus. Each hair A3 is given a value of 3 points.
A4. Arcticus Blentus. Each hair A4 is given a value of 4 points.
A5. Arcticus Blundus. Each hair A5 is given a value of 5 points.
A6. Arcticus Bluntus. Each hair A6 is given a value of 6 points.

B0. Coarcticus Albus/Albinus. Each hair B0 is given a value of 0 points.
B1. Coarcticus Blodus. Each hair B1 is given a value of 1 point.
B2. Coarcticus Blotus. Each hair B2 is given a value of 2 points.
B3. Coarcticus Brodus. Each hair B3 is given a value of 3 points.
B4. Coarcticus Brotus. Each hair B4 is given a value of 4 points.
B5. Coarcticus Burgdus. Each hair B5 is given a value of 5 points.
B6. Coarcticus Burgtus. Each hair B6 is given a value of 6 points.

C0. Coarcticus Albus/Albinus. Each hair C0 is given a value of 0 points.
C1. Coarcticus Burndus. Each hair C1 is given a value of 1 point.
C2. Coarcticus Burntus. Each hair C2 is given a value of 2 points.
C3. Coarcticus Browndus. Each hair C3 is given a value of 3 points.
C4. Coarcticus Browntus. Each hair C4 is given a value of 4 points.
C5. Coarcticus Brunedus. Each hair C5 is given a value of 5 points.
C6. Coarcticus Brunetus. Each hair C6 is given a value of 6 points.

HAIR QUANTUM POINTS CALCULATION PROCEDURE FOR HAIR TYPES A, B, C

The lower the counted total number of points the higher the priority for the Eugenix P.S.A. Geomagnetic Dams Construction Program. The higher the counted total number of points the higher the priority for the Eugenix P.S.A. Antarctic Ice Removal Program.

1. Each person must conduct a self-assessed Ethnic Hair Quantum or visit an Eugenix P.S.A. authorized institution or entity that determines persons Ethnic Hair Quantum and issues a certificate.
2. Self-assessment of hair type and amount can include body hair from any surface of the person's body not limited to the hair from the person's head in the amount of up to 100,000 first hairs that will count towards person priority.
3. Single hair of more than one color (multi-phenotypical hair) can be counted at a full point value as a uniform ethnic color hair (mono-phenotypical hair) to the benefit of the persons.
4. Persons that have less than 100,000 body hair must submit a letter from the doctor that proves persons condition related to lower amount of body hair. The missing hair required to reach a 100,000-hair counted can be pointed at the same point value as the other hair determined on person's body to the benefit of the person with such condition.

HAIR QUANTUM POINTS CALCULATION PROCEDURE FOR HAIR TYPE D

Persons that have Ethnic Hair Color of D Type – Completely black hair associated with the Rafalticus and Aquaticus indigenous groups darker than any hair of the indigenous and co-indigenous ethnic hair colors of Type-Group combination A6, B6, C6 should use the following point value when calculating the total number of points for hair of D type.

D7. Rafalticus / Aquaticus. Each hair D7 is given a value of 7 points.

Persons that have Ethnic Hair Color of D Type that are partially black due to age or other condition that results in a loss of pigment in the part of the hair or along the entire hair length must submit a letter from the doctor that proves persons condition related to hair pigmentary condition. The affected hair can have the same point value as unaffected hair of D type on a person's body to the benefit of the person with such condition.

RAPID GENE SHREDDING AKA. RAPID GENE SHEADING

Hazards associated with extreme cold, isolation, and other region-specific climatic conditions must also be acknowledged specifically the "*Rapid gene shredding*" also referred to as "*Rapid gene*

sheading", not related to rapid gene shredding mechanisms involving the CRISPR-Cas9 technology developed to alter vertebrates' genetics and populations. *Rapid Gene Shredding* and *Rapid Gene Shedding* as referred to by Eugenix P.S.A. are theoretical constructs developed by Eugenix P.S.A. describing the potential for accelerated genetic and cellular deterioration in individuals who perform life-long or multi-generational work in extreme polar environments. The concept refers to the possibility that sustained exposure to high levels of polar radiation, cosmic radiation, and geomagnetic radiation may contribute to cumulative DNA damage over time. In this framework, such damage could hypothetically influence the stability of cells, tissues, and organs.

Core Elements of the Concept

Environmental exposure — Continuous work in polar regions may involve elevated exposure to radiation sources that are known in scientific literature to cause DNA strand breaks, chromosomal instability, or impaired cellular repair mechanisms.

Potential genetic impact — The concept proposes that long-term exposure could accelerate DNA degradation processes, described here as "shredding" or "shedding," which may affect the integrity of reproductive cells and somatic tissues.

Phenotypic consequences — Hypothetical outcomes include changes in visible traits such as skin, hair, and eye characteristics, as well as broader impacts on tissue function, due to accumulated cellular damage.

Reproductive vulnerability — The framework includes the possibility of reduced fertility, lower sperm concentration, or chromosomal loss (e.g., X or Y chromosome anomalies), which could pose risks to the continuity of small or isolated populations engaged in long-term polar labor.

Multi-generational considerations — When exposure spans several generations, the concept suggests that cumulative DNA damage could represent a threat to the demographic stability of affected groups.

Application Outside Polar Regions

The term is also used conceptually to describe situations in which indigenous populations migrate into climates significantly different from their ancestral indigenous environments (crossed-climate-migrations). In this context, "Rapid Gene Shedding" refers to the idea that environmental mismatch

influenced by psychological discomforts may contribute to accelerated phenotypic or reproductive changes over the generations that include development of cross-climate phenotypes and accelerated albinism, and other changes in homo-zygous and hetero-zygous populations.

POLAR AREA EMPLOYMENT HEALTH RISKS

Eugenix P.S.A. shareholders, business partners, contractors and all other persons engaged in activities under the *Eugenix P.S.A. Antarctic Ice Removal Program* and the *Eugenix P.S.A. Geomagnetic Dams Construction Program* shall receive formal disclosure regarding the unique health and environmental risks inherent to operations in the Arctic and Antarctic regions. These risks arise from the distinctive characteristics of the polar climate, including increased exposure to galactic cosmic rays and solar particle events due to reduced atmospheric shielding at high latitudes, elevated geomagnetic flux, and prolonged periods of continuous daylight or darkness lasting up to six months, which may impose significant physiological strain.

The underlying concern regarding heightened radiation exposure and environmental stressors necessitates transparent communication to protect genetic heritage contained in the living DNA of all Eugenix P.S.A. shareholders, business partners, contractors and all other persons engaged in activities under the *Eugenix P.S.A. Antarctic Ice Removal Program* and the *Eugenix P.S.A. Geomagnetic Dams Construction Program*.

United Nations member states are therefore advised to ensure that all participating entities implement comprehensive medical-genetic health risk-disclosure procedures, protective measures, and multi-generational monitoring protocols aim to monitor medical-genetic health changes for own indigenous groups involved in the Eugenix P.S.A. polar activities. All parties must be informed that health changes might not be reversable for many generations, until cellular biology treatments are available. Eugenix P.S.A. plans to research and develop treatments for Arcticus Blancus indigenous polar ethnicity.

In addition, all indigenous Rafaltic and Aquatic visitors to the Eugenix P.S.A. polar programs areas must monitor number of days spent in the polar radiation zones in similar ways as the airline workers to protect own unique genetic material and reproductive cells. The duration of work in the polar

regions that does not cause negative health effects is currently unknown. Below list includes health conditions uniquely linked to lifelong work in arctic and antarctic regions with ICD-10 codes listed first and ICD-11 codes immediately below.

1. Exposure to Ionizing Radiation.
    a. ICD-10. W88.0 Exposure to X-rays.
    b. ICD-10. W88.1 Exposure to radioactive isotopes.
    c. ICD-10. W88.8 Exposure to other ionizing radiation.
    d. ICD-10. Z57.1 Occupational exposure to radiation.
    e. ICD-11. XE1T Occupational exposure to radiation.
2. Acute Radiation Syndrome.
    a. ICD-10. T66.9 Radiation sickness, unspecified.
    b. ICD-11. QC12 Acute radiation syndrome.
3. Hypothermia.
    a. ICD-10. T68 Hypothermia.
    b. ICD-11. ND08 Hypothermia.
4. Frostbite.
    a. ICD-10. T33 Superficial frostbite of face, fingers and toes.
    b. ICD-10. T34 Severe frostbite of face, fingers and toes.
    c. ICD-11. NG21 Frostbite.
5. Nonfreezing Cold Injury. (e.g., Trench Foot)
    a. ICD-10. T69.0 Nonfreezing cold injury.
    b. ICD-11. ND07 Nonfreezing cold injury.
6. Dehydration.
    a. ICD-10. E86 Dehydration.
    b. ICD-11. NB70 Dehydration.
7. Vitamin D Deficiency.
    a. ICD-10. E55.9 Vitamin D deficiency, unspecified.
    b. ICD-11. 5A8Y Vitamin D deficiency.
8. Circadian Rhythm Sleep–Wake Disorders.
    a. ICD-10. G47.2 Circadian rhythm sleep–wake disorders.
    b. ICD-11. 7A00 Circadian rhythm sleep–wake disorders.

9. Seasonal Affective Disorder.
    a. ICD-10. F33.0 Recurrent depressive disorder (with seasonal pattern).
    b. ICD-11. 6A7B Depressive episode with seasonal pattern.
10. Insomnia.
    a. ICD-10. G47.0 Insomnia.
    b. ICD-11. 7A01 Insomnia disorder.
11. Depression & Anxiety Related to Polar Photoperiod
    a. ICD-10. F43.2 Adjustment disorders of mood.
    b. ICD-11. F51.0 Nonorganic insomnia (photoperiod-related).
    c. ICD-11. 6B42 Adjustment disorder.
    d. 7A01 Insomnia disorder (photoperiod-related).
12. Nutritional Deficiencies & Malnutrition.
    a. ICD-10. E40–E46 Protein–energy malnutrition.
    b. ICD-10. E53.8 Deficiency of other specified B-group vitamins.
    c. ICD-11. 5B81 Protein–energy malnutrition.
    d. ICD-11. 5A7B Other B-vitamin deficiencies.
13. Musculoskeletal Strain & Cold-Induced Arthralgias.
    a. ICD-10. M79.1 Myalgia.
    b. ICD-10. M79.6 Pain in limb.
    c. ICD-11. ME85 Myalgia.
    d. ICD-11. ME84 Arthralgia.
14. Isolation & Confinement–Related Psychiatric Conditions.
    a. ICD-10. F32.x Depressive episode (specify mild, moderate, severe).
    b. ICD-10. F41.x Other anxiety disorders (e.g. generalized anxiety F41.1).
    c. ICD-10. F43.0 Acute stress reaction.
    d. ICD-10. F43.1 Prolonged grief reaction (often coded under F43.1 “Reaction to severe stress”).
    e. ICD-10. F43.1 Post-traumatic stress disorder.
    f. ICD-10. F43.2 Adjustment disorders, including with mixed anxiety and depressed mood.
    g. ICD-10. F50.x Eating disorders, unspecified (e.g. F50.9).

h. ICD-10. F52.x Sexual dysfunction, not caused by organic disorder (e.g. F52.0 Lack or loss of sexual desire).
i. ICD-10. F93.0 Separation anxiety disorder of childhood.
j. ICD-10. Z73.3 Stress, not elsewhere classified.
k. ICD-11. 6A7Z Depressive disorder, unspecified (or 6A70–6A73 for specific presentations).
l. ICD-11. 6B00 Generalized anxiety disorder.
m. ICD-11. 6B02 Agoraphobia (relevant if fear extends to environments without partner).
n. ICD-11. 6B05 Separation anxiety disorder.
o. ICD-11. 6B41 Prolonged grief disorder.
p. ICD-11. 6B42 Adjustment disorder.
q. ICD-11. 6B8Z Eating or feeding disorder, unspecified.
r. ICD-11. NA30 Conditions related to sexual health (includes dyspareunia, aversion, low desire).
s. ICD-11. MG22 Traumatic stress.
t. ICD-11. QE23 Life-stress-related disorders.
u. ICD-11. QE84 Acute stress reaction.

15. High Geomagnetic Flux Sensitivity.
a. ICD-10. R68.89 Other general symptoms and signs.
b. ICD-11. QE1Y Effects of magnetic field.

K Pawlak

Founder and Board President of
Eugenix ® Simple Stock Corporation of
Arcticus Blancus – Indigenous Arctic Ethnicity
Arcticus Blancus (Latin), Blanków (Polish).

Godeo Optimo Maximo Piast & Wasa
Arctic Men Extinction Noticed.
Arctic Magnetic Earth Naturalist.
Antarctic Mass Excavation Nonetheles